

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: A151 Food name and Description: Pancake Scientific name: Alternate/Common name(s): Hotcake Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	40.6
Energy, calculated (kcal)	269
Protein (g)	8.4
Total Fat (g)	7.6
Carbohydrate, total (g)	41.8
Ash, total (g)	1.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.3
Sugars, total (g)	5.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	238
Phosphorus, P (mg)	156
Iron, Fe (mg)	4.2
Sodium, Na (mg)	554

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	145
beta-Carotene (μg)	10
Retinol Activity Equivalent, RAE (µg)	146
Thiamin, Vitamin B1 (mg)	0.15
Riboflavin, Vitamin B2 (mg)	0.25
Niacin (mg)	1.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	1.66
Fatty acids, monounsaturated, total (g)	1.94
Fatty acids, polyunsaturated, total(g)	3.48
Cholesterol (mg)	46

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 07/20/2025 10:35:01